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Weekend, September 17-19, 2010
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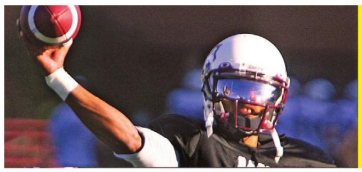
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'HIGH SCHOOL IS A PIT OF DESPAIR'
KRISTEN BELL REVISITS GOOD OL' DAYS {page 15}

SMU READY FOR LAVAL
RIVAL REVISITED AT HUSKIES STADIUM {page 31}



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ACTRESS BACK TO PARTYING WAYS? {page 28}



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RYAN TAPLIN/METRO HALIFAX



▶ Port Hawkesbury's Allie MacDonald arrives for the screening of Score: A Hockey Musical at the Oxford Theatre on Thursday night. The movie opened the 30th annual Atlantic Film Festival.

Puck drops on another film fest

Sun goes down, stars come out as Score! A Hockey Musical opens AFF's 30th edition ◐ Film's cast includes Nova Scotia actress ◐ Festival runs until Sept. 25

If landing a role in Score! A Hockey Musical has gone to Allie MacDonald's head, she didn't show it at the Atlantic Canada premiere on Thursday night.

Stepping out of a limo with Canadian indie-pop icon Hawksley Workman, the Port Hawkesbury-born actress had hardly laid foot on the red carpet before running over to hug family and friends who came out to the premiere at Oxford Theatre.

"I got 30 hugs," laughed the 21-year-old as the 30th Atlantic Film Festival kicked off. "It's such an honour to open all these festivals across Canada, but to me, Halifax is so close to home that it's the most important to me."

MacDonald, who spends time in Halifax when not working in Toronto, said the circumstances around this particular homecoming felt almost dream-like.

"It's a little surreal because I'm driving around in a limo seeing all old neighbourhood places," she said.

MacDonald was joined by co-star Workman and Score! director Michael McGowan for the premiere. McGowan joked the idea for a hockey musical came to him while he was drunk one night.

RYAN TAPLIN/METRO HALIFAX



▶ Music producer Jody Colero, left, and musician Hawksley Workman have a laugh outside the Oxford Theatre Thursday night.

"I wanted to do a musical for about five years, and thought of this ridiculous idea of doing a hockey musical and just started writing a story around that," he said.

The red carpet was filled with more than Toronto glitterati.

Premier Darrell Dexter walked the carpet in what he described as an "early Moore's" original.

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Tuition goes down — or does it?

Nova Scotia undergraduate tuition fees are the only ones in Canada to go down, but they're still too expensive, says the Canadian Federation of Students (CFS).

Statistics Canada released its tuition fees data on Thursday.

Students here are used to paying the highest in the country. For the 2010-11 school year, undergrads are paying $5,495 — the third highest in Canada.

While fees for graduate students are also down over four per cent, they're still paying the highest fees in the country at $7,350.

The numbers are deceiving, according to Rebecca Rose with CFS, because they take into effect the tuition fee rebate which is only available to Nova Scotia students who go to school in their home province.

"Although the report says fees are going down, they're only frozen," she said.

Tuition fees were frozen in 2008 until 2011.

The Statistics Canada data is timely as Tim O'Neill, a former Bank of Montreal executive hired by the provincial government in January to conduct a review of post-secondary education, is expected to present his findings Friday.

JENNIFER TAPLIN

RYAN TAPLIN/METRO HALIFAX



▶ A Saint Mary's student walks up the stairs of the McNally Building on Thursday.

Review of MLA pensions possible

Premier responds to report on MLA pensions, but gives no timeline for potential review



ALEX BOUTILIER
@METRONEWS.CA

Premier Darrell Dexter said he is "open to" the idea of a review into MLAs' pension plan, but isn't about to order one any time soon.

Dexter told reporters Thursday a review is part of the province's overall "back to balance" strategy. But he refused to say when a review would take place.

"That's not something you can snap your fingers and make a decision about," Dexter said.

"We have a process, over the next three or four years, to look at how we get back to balance. Part of that, I believe, should be some kind of a review of the pension plan as well."

Dexter's comments came in the wake of a Canadian Taxpayers Federation report, which stated this week Nova Scotia taxpayers contribute $22 to the plan for every $1 from MLAs.

Dexter questioned whether "political people" should be involved in issues of remuneration for politicians, citing the need for an independent inquiry into such questions.

But he may also be referring to newly minted CTF Atlantic director Kevin Lacey, who managed Premier Rodney MacDonald's campaign in the last election.

Dexter's pension

Premier Darrell Dexter's estimated annual pension through Dec. 31 is $89,341, according to the CTF.

RYAN TAPLIN/METRO HALIFAX FILE



▶ Premier Darrell Dexter

1 news

On the web at metronews.ca

U.S. dad tours scene of son's fatal hunting accident in Newfoundland. Video at metronews.ca/canada

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AIRPORT

Plane lands due to odour

The smell of an electrical odour in the cockpit caused an American Airlines flight bound for New York to make an unscheduled landing in Halifax on Thursday.

The flight was en route from Milan, Italy, to the JFK International Airport and landed without incident at 1:35 p.m., said Halifax Stanfield International Airport spokeswoman Ashley Barnes.

She said the airport's emergency response team was standing by when the plane landed, but the 211 passengers and crew onboard were not injured.

Despite the diverted flight, Barnes said service at the airport operated as normal and the affected passengers were being re-routed through the airline.

ALLISON SAUNDERS

Motorcycle, truck crash kills man

A 49-year-old motorcyclist is dead following a two-vehicle collision in Annapolis County on Thursday.

RCMP say the accident took place on Parker's Mountain Road around 8:30 a.m. The victim died at the scene. The driver and passenger of the truck weren't hurt.

METRO HALIFAX

July sees fewer visitors

One per cent fewer visitors came to Nova Scotia this July compared to the previous year.

The slight decrease is in comparison to a jam-packed July of 2009 that brought thousands to Halifax for the likes of Sir Paul McCartney, Kiss and the Tall Ships Festival.

METRO HALIFAX

Students protest freeze on foreign aid

Protest coincides with the New York Summit on the Millennium Development Goals

ALLISON SAUNDERS
HALIFAX@METRONEWS.CA

A small group of university students bundled up Thursday to protest the Canadian government's decision to freeze foreign aid.

Several members of the Dalhousie-University of King's College Oxfam society, clad in complete winter attire, gathered outside Megan Leslie's MP office on Gottingen Street during the lunch hour.

The society was one of 14 Canadian Oxfam clubs taking to the streets to symbolize what they say is how "cold" Prime Minister Stephen Harper's freeze on foreign aid for 2011 is.

"I think it's really important to do this on two levels: On a national sense, lobbying and getting word out to the politicians, and also on the grassroots level, so you can talk to everyday people," said third-year Dalhousie student James Hutt.

According to Oxfam, Canada currently gives .33 per cent of our gross national income to foreign aid. It says within a five-year cap, this will drop to .28 per cent.

For more news, visit metronews.ca/local

RYAN TAPLIN/METRO HALIFAX



▶ Megan Tremblay holds a sign outside MP Megan Leslie's office on Gottingen Street on Thursday.





Minister won't hesitate to shut down railway

Estabrooks will walk sections of the line to gather information during visit to New Glasgow on Sunday

Nova Scotia's transportation minister said Thursday he won't hesitate to shut down a railway that runs through the province's northeast if safety concerns make it necessary.

Bill Estabrooks said he is not near that stage yet, but he said he wanted to see ongoing improvements to the mainland spur of the Cape Breton and Central Nova Scotia Railway carried out as soon as possible.

"If I've got the information and the concerns are clearly outlined for me ... I'm not going to be reluctant to say we'll shut it down," Estabrooks said after the weekly cabinet meeting.



"There's a co-operative tone to the process we're going through, but the obligation still is upon the railway to make sure that's a safe line."
TRANSPORTATION MINISTER BILL ESTABROOKS

He said he's concerned by findings in a July inspection by Transport Canada following two train derailments in Pictou County.

It found more than 100 defects on the line, including deteriorating crossing surfaces, weak support ties at rail joints and tree branches obscuring railway crossings. Estabrooks said the latest update he received Wednesday showed there are still issues to address, including the improvement of sight lines along the track through the trimming of bushes and the removal of branches.

Officials with the railway's parent company, U.S.-based RailAmerica Inc., have repeatedly said they conduct regular inspections of the line to ensure its safety.

Waterfront. Sax man



▶ Sydney's Roland Callendar plays his saxophone on the Halifax waterfront on Thursday.

RYAN TAPLIN/METRO HALIFAX

Enjoying it while we've got it

It was a sunny day on Thursday with temperatures reaching close to 20 C. On Friday, however, wet weather is in the forecast.

57 The number of local agencies receiving funding from the United Way of Halifax Region.

United Way sets goal

The United Way of Halifax Region is shooting for a fundraising goal of $6.2 million for its 2010 campaign. It raised $6.02 million last year. METRO HALIFAX

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JENNIFER TAPLIN/METRO HALIFAX



▶ Const. Ian Burke loads up computers at the Nova Scotia Community College Institute of Technology campus on Thursday.

NSCC donates computers to Mulgrave Park

- Twenty computers headed to Mulgrave Park Resource Centre
- Mulgrave computer lab was in dire need of more computers



JENNIFER TAPLIN
@METRONEWS.CA

Elaine Williams could hardly express her gratitude for the gift of 20 computers for the Mulgrave Park Resource Centre.

"It's just wonderful, wonderful," she said. "Kids are not going to have to wait no more."

The computers are from the Nova Scotia Community College Institute of Technology campus.

"We had several courses that moved over to the Waterfront campus, so they left a surplus behind as well some of the older machines won't support the software we're running," said Marie Dutka of NSCC.

108
The number of computers the NSCC has donated to community groups in the past year.

The computers are between five and seven years old but still in great shape, she added.

Williams said before yesterday, the Mulgrave lab had four working computers and three "with issues." Students are tutored there twice a week and the lab is open for students and adults.

"I was in there this morning and there were three people looking for jobs," said Const. Ian Burke, community resource officer for North End Halifax.

Williams said computers are crucial for high school students because most of their homework is done online.

Hope returns for Atlantic cod stocks

Struggling cod stocks on the East Coast could rebuild if Canada and other fishing nations reduce unintentional catches of the fish and develop a recovery plan, an international conservation group said Thursday.

The World Wildlife Fund issued new hope for the beleaguered species on the southern Grand Banks, saying the stock has been inching its way back over the last several years after collapsing in the early 1990s.

Estimates indicate that the stock has increased by almost 70 per cent since the last assessment in 2007.

But the group said the species will recover only if Canada and member nations of the Northwest Atlantic Fisheries Organization enact several conservation measures to help the stock rebuild.

Bob Rangeley, the Atlantic vice-president of WWF-Canada, said reducing the amount of bycatch, or fish that are caught unintentionally, is central to bringing the species back.

"If you continue the levels of bycatch — excessive bycatch — we're just going to maintain the populations that are too low to ever fish," he told a news conference in Halifax.

"So there's a decision to be made here: A fishery in the future or continue taking the fish as bycatch?" THE CANADIAN PRESS

Meeting

- The group is pressing the Northwest Atlantic Fisheries Organization to adopt several measures when it holds its annual meeting in Halifax next week.
- Shelley Dwyer, the fund's fisheries conservation adviser, said the organization needs to do a better job of making sure targets for reducing bycatch are adhered to by its 12 members.
- She said that even with voluntary targets agreed to by the members, it's estimated that fleets exceeded those targets by 160 per cent last year.

News in brief

Cruise ship staffer gets 120 days in jail

CHILD PORN. A crewmember aboard the Queen Mary II found in possession of child pornography while his ship was docked in Halifax has been sentenced to 120 days in jail, The Canada Border Services Agency said.

Edward Mangubat, a foreign national, was arrested on Sept. 7 and pleaded guilty on Thursday at Halifax provincial court.

In an unrelated case, the CBSA says another foreign national, Nyoman Putra, was sentenced to 30 days in jail for smuggling child pornography.

Putra was a crewmember aboard Carnival Glory that was docked in Halifax.

Both will be removed from Canada once their jail time is complete.

METRO HALIFAX

Man faces weapons charges

ROAD RAGE. Weapons charges were laid after a bizarre road rage incident from Sackville to Cole Harbour on Wednesday night.

It started in Sackville at around 8 p.m. when a car almost ran into a tow truck.

"The victim in the tow truck is alleging a male in the car pointed a gun at him and then the car followed the tow truck into Cole Harbour," said Const. Tamu Bracken, RCMP spokeswoman.

When RCMP officers caught up with the vehicle, they found a pellet gun in the car.

METRO HALIFAX

Man grabs teen girl

NO ARRESTS. A 15-year-old girl was walking home on Wednesday evening when a man grabbed her arm.

It was at around 6 p.m. at the intersection of Cow Bay Road and Caldwell Road in Eastern Passage. There have been no arrests.

METRO HALIFAX



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Papacy in the U.K.

Benedict XVI's visit to Britain marred by disgust over sex abuse
Only 10% of Britons are Catholic

Pope Benedict XVI waded into the hostile atmosphere of highly secular Britain on Thursday, admitting that the Catholic Church had not acted decisively or quickly enough to remove priests who molested children, in his strongest comments on the worldwide sex abuse crisis.

In a visit unprecedented for its opposition, Benedict warned against "aggressive forms" of secularism. The Pope recalled how Britain had stood against "Nazi tyranny that wished to eradicate God from society."

The trip is the first state visit by a pope to the U.K., and his meeting with Queen Elizabeth II was significant because of the historic divide between the officially Protestant nation and the Catholic Church.

Bless the child

A Polish mother says she is delighted that Pope Benedict XVI stopped to bless her baby daughter.

- The visiting pontiff was travelling through a crowd of pilgrims in Glasgow in his white Popemobile when attendants hoisted one-year-old Maria Tyszczak up to the his window.
- Benedict kissed the baby on the forehead through a lowered window, before she was gently handed back to her family.

PETER BYRNE/THE ASSOCIATED PRESS



▶ Pope Benedict XVI is handed baby Maria Tyszczak to be blessed, as he arrives yesterday at Bellahouston Park in Glasgow ahead of an open-air Mass during the first day of a four-day visit to Britain.

Only 65,000 of the faithful had tickets to an open air Mass at Bellahouston Park in Glasgow, compared to the 100,000 previously expected. The British media has been particularly unwelcoming to the pope's visit, noting its $18.7-million security cost to taxpayers at a time of austerity measures and job losses.

Many in Britain are also opposed to Benedict's hard line against homosexuality, abortion and using condoms to prevent the spread of AIDS. Protests are planned and "Pope Nope" T-shirts have been spotted around London.

Still, a crowd of 125,000 in Edinburgh welcomed him as his Popemobile paraded through the streets, with cheers on Princes Street heard a mile away.

THE ASSOCIATED PRESS

2M The Humanist Society of Scotland placed billboards that read: "Two million Scots are good without God."

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Manila. Riot breakers



▶ Riot police block surging protesters attempting to get closer to the U.S. Embassy in Manila on Thursday.

BULLIT MARQUEZ/THE ASSOCIATED PRESS

No U.S. troops here, please

The Visiting Forces Agreement between the Philippines and the United States has sparked protests in the Asian nation. Senators want to cancel the pact, saying Americans have been on combat operations with the Philippines military.

Rape lands on Facebook

A 16-year-old girl was drugged and raped repeatedly by partygoers at a rave near Vancouver as onlookers snapped photos that found their way onto Facebook, the RCMP say.

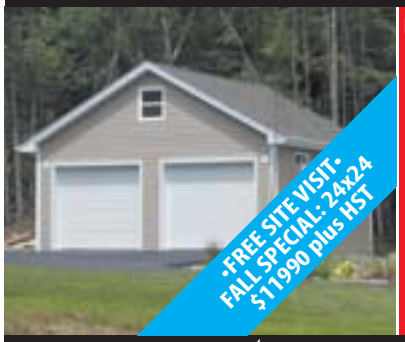
The attack happened at a rave on a rural property near Pitt Meadows, east of Vancouver.

Police believe the girl was given the date-rape drug.

"It's essentially one male having intercourse and when he's done, another one participates — that's a gang rape," said Insp. Derren Lench.

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EVAN VUCCI/THE ASSOCIATED PRESS



▶ Pennsylvania Senator Arlen Specter.

Senator urges protection

Specter says U.S. congress must protect embryonic stem cell research in wake of rulings Judge issued preliminary injunction last month

A leading Democratic U.S. senator said Thursday that Congress should "get busy" on giving legal stature to U.S. government funding of human embryonic stem cell research to avoid giving a final say on the issue to a conservative Supreme Court.

Sen. Arlen Specter spoke at a Senate hearing where scientists also expressed concern about recent court rulings that have disrupted funding for embryonic stem cell research, seen as offering promising potential for treating Parkinson's Disease, spinal cord injuries and numerous other debilitating illnesses.

He cited several recent cases where the U.S. Supreme Court had issued stays on lower court rulings on "ideological grounds."

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Florida. Tar?



▶ Phyllis Neal holds what she believes is a tar ball from the Santa Rosa Sound near her home on Pensacola Beach Thursday.

BEN TWIGLEY/PENSACOLA NEWS JOURNAL/THE ASSOCIATED PRESS

Tar still coming ashore?

Phyllis Neal told a newspaper that she found hundreds of large tar balls on the beach and in the water behind her home. BP has said it is still cleaning up hundreds of pounds of tar and oil washing on shore in the region from the Gulf oil spill.

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Plane baby might soon meet mother

Woman said she abandoned baby 'George Francis' because she feared her family's reaction to pregancy

A Philippine woman who admitted giving birth to a baby on a flight from the Middle East and then leaving him in the plane's trash said she was raped by her employer, a lawmaker said Thursday.

The baby was found by a security guard at Manila's airport last Sunday in a trash bag unloaded from the bathroom of a Gulf Air flight from Bahrain.

Rep. Lani Mercado said she met Thursday with the woman, who told her she had been raped by her employer while working as a maid in Qatar and became pregnant. THE ASSOCIATED PRESS

Positive ID?

Authorities are still working to confirm the woman is the mother.

DNA tests to be conducted
Soliman earlier said authorities plan to conduct DNA tests and that it would take at least a month to establish whether she is the parent.

20 About 20 couples, including some from abroad, have offered to adopt the boy, said Rep. Lani Mercado.

THE ASSOCIATED PRESS



"George Francis," the baby boy born on a flight from the Middle East to the Philippines and abandoned in an airplane trash bag, is attended by nurses at the Manila airport.

Group makes plea to Layton

Relatives of the victims of Canada's worst mass shooting are urging NDP Leader Jack Layton to secure more votes to save the gun registry.

Joined by students and graduates of the Universite de Montreal's Ecole polytechnique, the group gathered in Layton's Toronto riding Thursday.

They called on the NDP leader to do everything he can — short of directing the votes of his caucus — to ensure New Democrats don't help the Conservatives dismantle the registry.

Suzanne Laplante-Edward, whose daughter Anne-Marie Edward died in the shooting, pleaded with Layton to speak for those who couldn't.

"The gun registry is the one good thing that came out of the Montreal tragedy. It is a monument to the memory of our daughters," Laplante-Edward said.

THE CANADIAN PRESS

CHLOE FIDIO/TORSTAR NEWS SERVICE



The daughter of Suzanne Laplante Edward, left, was among 14 women killed at Ecole Polytechnique.



Japan. Gaming



▶ Visitors participate in a photo session of "Cosplay" characters at the Tokyo Game Show in Makuhari, Japan, Thursday.

JUNJI KUROKAWA/THE ASSOCIATED PRESS

Microsoft starts Tokyo Game Show

Microsoft Corp. kicked off the Tokyo Game Show by unveiling plans to help Japanese game makers, recently seen as insular and lagging overseas competitors, to aggressively pursue a bigger share of the global market.

Economy will slow: TD

The Bank of Canada has hiked interest rates by three quarters of a point since June

Canada's economy will slow sharply in the second half of 2010 after roaring out of the recession, according to the Toronto-Dominion Bank.

Economists with the major commercial bank say the economy has been on a good run since last fall, with an average growth rate of 4.3 per cent. But that fast pace has ended.

THE CANADIAN PRESS

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Other people's money

DAVID DESCÔTEAUX



Our leaders want to finance 100 per cent of the new Colisée de Québec with our taxes. Stephen Harper is hesitating, but his deputies in Quebec have already said yes. What a spectacle they made posing for photos wearing Nordiques jerseys, pandering to Quebec City voters. Pathetic.

The project will be a black hole for dollars. The idea is to cough up $400 million (about $200 million from Canadian taxpayers), and then to soak up a $3.5-million deficit each year. All without asking the private sector to throw in a single penny. Smack in the middle of an economic crisis, too, with our hospitals crumbling and our debt increasing by $135 million a day.

Do most Canadians (or Quebecers, for that matter) want to pay for this project? Makes no difference. Our politicians will do it anyway. There are seats up for grabs in Quebec.

This debate has brought out the beggars. "Montreal has its concert hall, we want our Colisée!" Mayors of other Canadian cities are already up in arms.

Meanwhile, the mother of two who, between preparing lunches and helping with homework, has no time for lobbying, sees her taxes keep rising.

David Descôteaux is a freelance economic journalist and an Associate Researcher at the Montreal Economic Institute (iedm.org)

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Florida. Packages



▶ A customer enters a FedEx Office in Doral, Fla., loaded with packages.

ALAN DIAZ/THE ASSOCIATED PRESS

Economic recovery uneven: FedEx

FedEx indicated Thursday that the global economic recovery remains uneven. It said strength in international shipments are driving profits.

Returning cash GM's goal: CEO

GM repaid $6.7 billion of U.S. government money, $43 billion converted to ownership stake

It will take a couple of years for taxpayers to get back the billions they spent bailing out General Motors, but the company has a goal of returning the money, GM's new CEO said Thursday.

CEO Daniel Akerson told reporters that the U.S. government won't be repaid with the company's initial public stock offering, which could happen later this year, but couldn't answer more specific questions about the sale.

Akerson, GM's fourth CEO in less than two years, also indicated that management will be stable in the future, saying he doesn't expect to make any changes. THE ASSOCIATED PRESS



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PHILIP CROUCHER/METRO HALIFAX



▶ Halifax Regional Police Chief Frank Beazley

5 MINUTES WITH: FRANK BEAZLEY

The long-gun registry debate is a topic everyone seems to have an opinion on and Halifax Regional Police Chief Frank Beazley is no different. Beazley spoke out for keeping the registry at a press conference this week. Afterwards, he talked to Metro about the registry and why he is in favour of keeping it.

Why come out in support of the registry now?
Well, I've been in support of the registry right from the beginning. I'm the past vice-president of the Canadian Association of Chiefs of Police. I've represented their position. I've represented my own personal position ... It's a community safety issue. It helps people regulate and store their guns properly, which may prevent theft. It's a great tool for investigation.

Some people think the registry doesn't work, it's a waste of money. What do you say to those people?
Get informed. Really, seriously sit down and have a look at it. Read the reports. Talk to people like myself or other police officers. Talk to the nurses, the women's shelters — the numbers are there. I know people can make numbers say whatever they want them to say, but the numbers are there. Murders have dropped in the past 20 years, particularly after (the registry was implemented). I think we do better investigations because of the information available to us. People store (guns) much more safely, and you don't have the accidents you used to have where a kid would pick up dad's gun in the corner behind the stove and it had a round in it.

"Get informed. Really, seriously sit down and have a look at it. Read the reports."

Are long guns a problem in Halifax? Or is it a more rural issue?
Of the weapons I seize every year, the vast majority are pistols and revolvers. But about a third of those weapons are long guns, either in their (original) form or altered, like the sawed-off shotgun, the sawed-off rifle that drug dealers use and people use to rob banks, that type of thing.

PHILIP CROUCHER

Cartoon

MICHAEL DE ADDER



Understand your mind

Worth mentioning

You and your brain



New research has uncovered a part of the brain that is larger in people who seem particularly introspective.

Some people know their minds better than others, and research being reported Friday is a step at understanding the biology behind that important part of human consciousness.

It is work necessary for one day tackling brain injuries or diseases that rob people of key aspects of self-reflection — such as schizophrenia patients who are not aware they are ill and thus do not take their medication.

By learning the neurologic basis of self-awareness, "might we be able to come up with potential strategies to intervene in these cases and improve people's introspective ability?" asks Stephen Fleming of University College London, lead author of the new research published in the journal Science.

Introspection is basically thinking about your thinking, a way to judge your own thoughts and actions — and inherently difficult to study. The British research team devised a way to measure introspective ability by comparing people's confidence in a decision they made with the accuracy of that decision.

THE ASSOCIATED PRESS

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Metro Minute at 3 on 3 Street Jam

If you got game, the Halifax Rainmen want you to take it to the streets of downtown Halifax this weekend. The Rainmen 3 on 3 Street Jam is taking place Saturday and Sunday on Brunswick Street between the Halifax Metro Centre and Citdael Hill.

Who knows — if you're good enough, maybe the Rainmen will even sign you to a contract

The street hoops showcase will close Brunswick between Carmichael and Duke and feature action in 11 divisions ranging from 10 and younger to 35 and older.

To register a team for this event, visit rainmenstreetjam.ca or phone Aaron at 444-3773, ext. 3.

METRO HALIFAX

Three days to play

ARE YOU IN FAVOUR OF THE LONG-GUN REGISTRY?



Jane Drake
DARTMOUTH
I think they should be registered. The more information police have, the more aware they are about these people who do have these guns.



Jim Casey
HALIFAX
Yes I do. Anything that helps the police out is a good idea.

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Actress and You Again director have friendship that goes back more than 10 years ● Andy Fickman convinced starlet to head to Los Angeles ● Bell definitely does not fit the stereotype of a needy and demanding Hollywood type



▶ Kristen Bell, right, and Odette Yustman star in You Again. Yustman's character tormented Bell in high school and is now engaged to her brother.

Bell battles high school nightmares

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METRO WORLD NEWS IN LOS ANGELES

"High school is a pit of despair," Kristen Bell declares. "It's a swirling tornado of insecurities and there's really nothing good about it."

Truer words have never been spoken. But Bell isn't bemoaning her teenage years in Michigan. She's actually talking about the setting of her new film, You Again.

Directed by Bell's longtime friend and collaborator, Andy Fickman, the comedy follows a successful woman (Bell) who realizes her brother is going to marry the girl who mercilessly bullied her throughout high school (Odette Yustman), so she sets out to expose the fiancée's dastardly true colours.

With a supporting cast that includes Sigourney Weaver, Jamie Lee Curtis and newly minted national treasure Betty White, Bell was in co-star heaven while revisiting the darkest period of most people's lives.

"(In high school) you're on this learning curve of who you are and who you want to be, and you're comparing yourself to everyone around you and there's no sense to it," she says. "Everyone just wants to be loved and no one feels loved enough in high school."

Of course, the actress could just as easily be describing Hollywood. "Touché," she smirks, hoisting one well-arched eyebrow and nodding her head in agreement. "Totally."

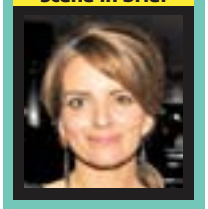
Yet unlike many young actors on a desperate quest for attention and accolades, Bell had to be convinced to move to Hollywood, and it was You Again director Fickman who persuaded her.

The pair met 10 years ago during a production of Reefer Madness. Not long after the show closed, Bell recalls, "Andy said 'I think you need to move to L.A.,' and I said, 'You're drunk.'" After much insistence and his promise to "be your family there," Bell packed her bags and came out West.

"I have a best friendship and a weird older brother relationship with Andy, and it's a relationship I'll take to my grave," she says. "I love him so much. I do projects with him all the time, they just don't warrant this kind of press. We've done plays together in black box theaters that seat 17 people and it's because we like working together."

2 scene

Scene in brief



Once again, Comedy Central has gone too far and lined up too many stars. Stephen Colbert, Larry David, Tina Fey, Ricky Gervais and Sarah Silverman are just a few of the names expected for this year's Night Of Too Many Stars: An Overbooked Concert For Autism Education, the network said Thursday. Jon Stewart will host the two-hour broadcast, which airs Oct. 21. In past years, nearly $7 million was raised, Comedy Central said.
THE ASSOCIATED PRESS

Kid Rock testifies in civil trial he didn't fight until provoked at Atlanta-area Waffle House



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Movie review See it twice | See it now | Worth watching | Yawn | Don't bother

Animated rom-com

Alpha and Omega
Genre: Animation
Directors: Anthony Bell, Ben Gluck
Stars: Justin Long, Hayden Panettiere, Dennis Hopper
½



These days, average animation films — even those targeted specifically at children — pack enough CGI wizardry and writing smarts to keep the bar high for this ever-evolving genre.

So it's surprising that Alpha and Omega's tale of two wolves runs in the opposite direction — a throwback to the stylistic simplicity of old-school Disney features minus the charm and heart.

This painstakingly dull movie marks out familiar animal territory: Kate (voiced by Hayden Panettiere) is a young, alpha she-wolf, groomed to be a hunter and provider for her pack. Humphrey (Justin Long) belongs to the other side of the social order — an omega who spends his day goofing around with his equally inept mates and dreams about "howling at the moon" with Kate.

Just before Kate is about to be paired off with an alpha male from a rival pack in order to keep the peace within Jasper National Park's wolf community, she and Humphrey are shipped off across the border by meddling park rangers to repopulate the forests of Idaho. Their journey back home propels the film's action, leading to a predictable rom-com-type conclusion.

It's hard to imagine kids finding any excitement in this laughs-free exercise with no reason to exist in 3-D (yet, it does). One can only sympathize with those parents who have to sit through the movie and with late Hollywood icon Dennis Hopper — this happens to be his final finished film.

KUMAR SAHA



Easy A
Genre: Comedy
Director: Will Gluck
Stars: Emma Stone, Thomas Haden Church, Patricia Clarkson
A surprisingly hilarious comedy about a good girl (Emma Stone) willfully accepting a less than ladylike reputation at her school to help her fellow rejects and create some semblance of a social life. The script is filled with loving nods to the 80s teen flicks of John Hughes and The Scarlet Letter, and it's a mini-miracle that the resulting film doesn't crumble under the invited comparisons. All credit goes to a playful and talented cast as well as a team of filmmakers who somehow found life left in the high school comedy. Some overly knowing Diablo Cody-esque dialogue aside, this is far more fun than it should be.

PHIL BROWN

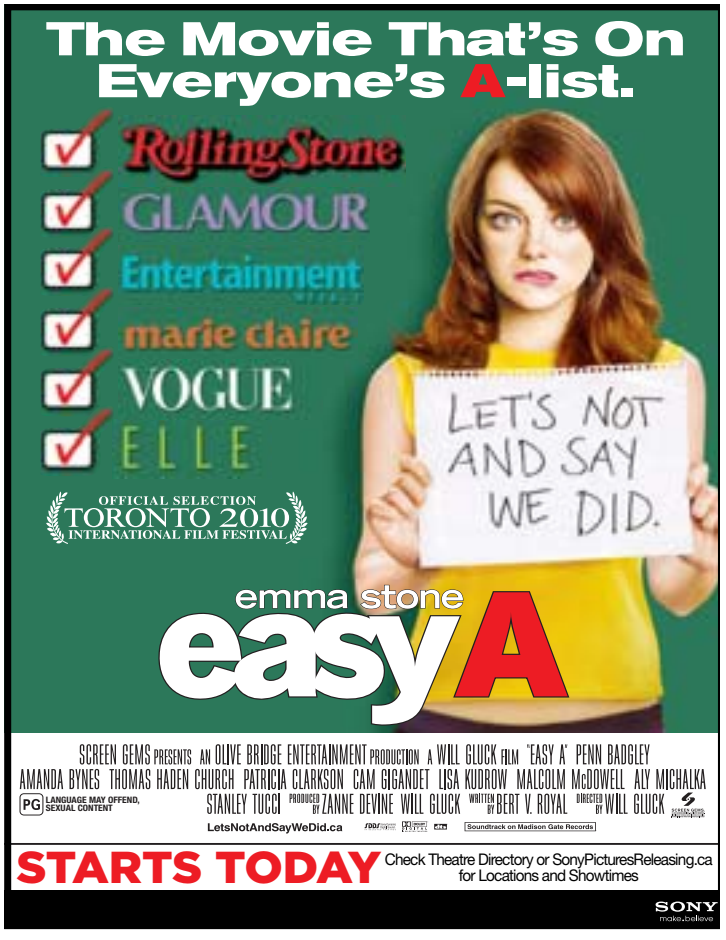
The Town
Genre: Action/Drama
Director: Ben Affleck
Stars: Ben Affleck, Rebecca Hall, Jeremy Renner
½



The sophomore directorial effort from Affleck (who previously made Gone Baby Gone), The Town is a taut, quick-paced heist movie about a group of robbers in the rundown Boston neighborhood of Charleston - literally the bank robber capital of America. When one near-botched heist takes an unexpected turn after hothead Jem (Jeremy Renner) briefly takes a witness (Rebecca Hall) hostage, gangleader Doug (Affleck) is forced to strike up a relationship with the girl in order to keep tabs on her dealings with the FBI. As such, Affleck weaves the premise into a compelling tale of brotherhood and love while filling the rest with high-action car chases and plenty of gunplay. Fully entertaining, The Town will surely assuage any doubts about the actor's credibility as a filmmaker.

STEVE GOW





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HALIFAX

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Alpha and Omega (STC) Dolby Stereo, Stadium Seating Fri-Sun 1:40-4:20-7:15 Dolby Stereo, Stadium Seating Mon 1:40-4:20 Dolby Stereo, Stadium Seating Tue 1:40-4:20-7:15 Dolby Stereo, Stadium Seating Wed-Thu 1:40-4:20
Alpha and Omega 3-D (STC) Dolby Stereo, Stadium Seating Fri-Thu 1:20-4-6:35-9:20
The American (STC) Dolby Stereo, Stadium Seating Fri-Thu 1:20-4:25-7:20-9:55
Avatar: Special Edition 3D (STC) Dolby Stereo, Stadium Seating Fri-Thu 1-4:45-8:30
Cats & Dogs: The Revenge of Kitty Galore (G) Dolby Stereo, Stadium Seating Fri-Thu 1:30-4
Despicable Me (G) Dolby Stereo Fri-Thu 1:05-3:40
Devil (STC) Dolby Stereo, Stadium Seating Fri-Thu 1:15-4:30-7:30-10
Dinner for Schmucks (PG) Dolby Stereo, Stadium Seating Fri-Sun 1:15-4:05 Dolby Stereo, Stadium Seating Mon 1:15-4:05-7:10 Dolby Stereo, Stadium Seating Tue 1:15-4:05 Dolby Stereo, Stadium Seating Wed-Thu 1:15-4:05-7:10
Easy A (STC) Dolby Stereo, Stadium Seating Fri-Thu 1:30-4:20-7:10-9:45
Eat Pray Love (PG) Dolby Stereo, Stadium Seating Fri-Thu 1-4-6:55-9:45
The Expendables (18) Dolby Stereo, Stadium Seating Fri-Thu 7:30-10
Going the Distance (STC) Dolby Stereo, Stadium Seating Fri-Thu 1:45-4:15-7:20-9:55
Inception (PG) Dolby Stereo, Stadium Seating Fri-Thu 8
Machete (STC) Dolby Stereo, Stadium Seating Fri-Thu 9:50
Nanny McPhee Returns (G) Dolby Stereo Fri-Thu 1:15-4:05
The Other Guys (14) Dolby Stereo Fri-Sun 6:55-9:30 Dolby Stereo Mon 9:30 Dolby Stereo Tue-Thu 6:55-9:30
Resident Evil: Afterlife 3D (STC) Dolby Stereo, Stadium Seating Fri-Thu 1:20-4:15-7:25-10
Scott Pilgrim vs. the World (PG) Dolby Stereo Fri-Thu 6:55-9:45
The Switch (PG) Dolby Stereo, Stadium Seating Fri 1-3:55-6:45-9:35 Dolby Stereo, Stadium Seating Sat-Thu 1-1-3:55-3:55-6:45-6:45-9:35-9:35
Takers (14) Dolby Stereo Fri-Thu 7:10-9:50
The Town (STC) Dolby Stereo, Stadium Seating Fri-Thu 1-4-6:50-9:45
Toy Story 3 (G) Dolby Stereo Fri-Thu 1:10-4:10

IMAX
190 Chain Lake Dr., Bayers Lake
902-876-4800

Hubble 3D (G) Dolby Stereo, No Passes, Stadium Seating Fri-Thu 1:25-4:15-6:45
Inception: The IMAX Experience (PG) Dolby Stereo, Stadium Seating Fri-Thu 8:30

OXFORD THEATRE
6408 Quinpool Rd.
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Listings not available at press time.

PARK LANE
5657 Spring Garden Rd.
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The American (STC) Stadium Seating Fri-Sun 3:10-9 Stadium Seating Mon-Thu 3:45-9
Devil (STC) Stadium Seating Fri-Sun 1-3:30-6:50-9:30 Stadium Seating Mon-Thu 3:55-6:50-9:30
Easy A (STC) No Passes, Stadium Seating Fri-Sun 12:50-3:40-6:40-8:50 No Passes, Stadium Seating Mon-Thu 3:50-6:40-8:50
Going the Distance (STC) Stadium Seating Fri-Sun 12:40-6:30 Stadium Seating Mon-Thu 6:30
Resident Evil: Afterlife (STC) Stadium Seating Fri-Sun 1:10-3:35-6:45-9:20 Stadium Seating Mon-Thu 4-6:45-9:20
The Town (STC) No Passes, Stadium Seating Fri-Sun 12:30-3:20-6:20-9:10 No Passes, Stadium Seating Mon-Thu 3:40-6:20-9:10

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Alpha and Omega (STC) Stadium Seating Fri


▶ Danny Trejo stars in Machete

6:30-8:50 Stadium Seating Sat-Sun 1:40-3:50-6:30-8:50 Stadium Seating Mon-Thu 6:30-8:50
Despicable Me (G) Stadium Seating Sat-Sun 1:45-4
Devil (STC) Stadium Seating Fri 7:15-9:15 Stadium Seating Sat-Sun 2:15-4:15-7:15-9:15 Stadium Seating Mon-Thu 7:15-9:15
Easy A (STC) No Passes, Stadium Seating Fri 7-9:10 No Passes, Stadium Seating Sat-Sun 2-4:15-7-9:10 No Passes, Stadium Seating Mon-Thu 7-9:10
Going the Distance (STC) Stadium Seating Fri 6:45-9 Stadium Seating Sat-Sun 1:50-4:10-6:45-9 Stadium Seating Mon-Thu 6:45-9
Resident Evil: Afterlife (STC) Spanish Sub-Titles, Stadium Seating Fri 7:10-9:20 Spanish Sub-Titles, Stadium Seating Sat-Sun 2:10-4:20-7:10-9:20 Spanish Sub-Titles, Stadium Seating Mon-Thu 7:10-9:20
The Switch (PG) Stadium Seating Fri-Thu 6:50-9:05
The Town (STC) Stadium Seating, No Passes Fri 6:40-9:15 Stadium Seating, No Passes Sat-Sun 1:30-4:05-6:40-9:15 Stadium Seating, No Passes Mon-Thu 6:40-9:15

DARTMOUTH

DARTMOUTH CROSSING
145 Shubie Dr., Dartmouth Crossing
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Alpha and Omega (STC) Dolby Stereo Digital, Stadium Seating Fri-Thu 1:45-4:30
Alpha and Omega 3-D (STC) Dolby Stereo Digital, Stadium Seating Fri-Thu 1:15-3:40-6:45-9:10
The American (STC) Dolby Stereo Digital, Stadium Seating Fri-Thu 1:50-4:20-6:50-9:25
Despicable Me 3D (G) Dolby Stereo Digital, Stadium Seating Fri-Thu 1:55-4:10
Devil (STC) Dolby Stereo Digital, Stadium Seating Fri-Thu 2-4:25-7:15-9:25
Easy A (STC) Digital, Dolby Stereo Digital, Stadium Seating, No Passes Fri-Thu 1:40-4:15-7-9:35
Eat Pray Love (PG) Dolby Stereo Digital, Stadium Seating Fri-Thu 6:15-9:15
The Expendables (18) Dolby Stereo Digital, Stadium Seating Fri-Thu 7:10-9:40
Going the Distance (STC) Digital, Dolby Stereo Digital, Stadium Seating Fri 6:25-8:55 Digital, Dolby Stereo Digital, Stadium Seating Sat 9:50 Digital, Dolby Stereo Digital, Stadium Seating Sun-Thu 6:25-8:55
Nanny McPhee Returns (G) Dolby Stereo Digital, Stadium Seating Fri-Thu 1:25-3:50
The Other Guys (14) Dolby Stereo Digital, Stadium Seating Fri-Sat 6:35-9:05 Dolby Stereo Digital, Stadium Seating Sun 9:05 Dolby Stereo Digital, Stadium Seating Mon-Thu 6:35-9:05
Resident Evil: Afterlife 3D (STC) Dolby Stereo Digital, Stadium Seating Fri-Thu 2:05-4:35-7:20-9:45
The Switch (PG) Dolby Stereo Digital, Stadium Seating Fri-Thu 1:30-4:05-6:20-8:50
Takers (14) Dolby Stereo Digital, Stadium Seating Fri-Thu 1:10-3:55-6:40-9:20
The Town (STC) Dolby Stereo Digital, Stadium Seating, No Passes Fri-Thu 1-3:45-6:30-9:30
Toy Story 3 (G) Dolby Stereo Digital, Stadium Seating Fri-Thu 1:35-4

TRURO

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20 Treaty Trail, Millbrook
902-895-8020

Alpha and Omega (STC) Dolby Stereo Digital, Stadium Seating Fri 6:55-8:50 Dolby Stereo Digital, Stadium Seating Sat-Sun 3:10-6:55-8:50 Dolby Stereo Digital, Stadium Seating Mon-Thu 6:55-8:50
Despicable Me (G) Dolby Stereo Digital, Stadium Seating Sat-Sun 3:15
Devil (STC) Dolby Stereo Digital, Stadium Seating Fri 7-9:20 Dolby Stereo Digital, Stadium Seating Sat-Sun 3:30-7-9:20 Dolby Stereo Digital, Stadium Seating Mon-Thu 7-9:20
Easy A (STC) Dolby Stereo Digital, No Passes, Stadium Seating Fri 6:40-8:45 Dolby Stereo Digital, No Passes, Stadium Seating Sat-Sun 3:20-6:40-8:45 Dolby Stereo Digital, No Passes, Stadium Seating Mon-Thu 6:40-8:45
Going the Distance (STC) Stadium Seating, Dolby Stereo Digital Fri 6:35-9:10 Stadium Seating, Dolby Stereo Digital Sat-Sun 3:05-6:35-9:10 Stadium Seating, Dolby Stereo Digital Mon-Thu 6:35-9:10
Resident Evil: Afterlife (STC) Stadium Seating Fri 6:45-9:05 Stadium Seating Sat-Sun 3:25-6:45-9:05 Stadium Seating Mon-Thu 6:45-9:05
The Switch (PG) Stadium Seating, Dolby Stereo Digital Fri-Thu 6:50-8:55
The Town (STC) Dolby Stereo Digital, No Passes, Stadium Seating Fri 6:30-9 Dolby Stereo Digital, No Passes, Stadium Seating Sat-Sun 3-6:30-9 Dolby Stereo Digital, No Passes, Stadium Seating Mon-Thu 6:30-9

BRIDGEWATER

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349 Lahave St., 902-527-4020

Alpha and Omega (STC) Fri 6:40-8:55 Sat 3-6:40-8:55 Sun 3-5:55-8:10 Mon-Thu 5:55-8:10
The American (STC) Fri-Sat 6:50-9:10 Sun 6:05-8:25 Mon 8:25 Tue 6:05-8:25 Wed 9:10 Thu 6:05-8:25
Despicable Me (G) Sat-Sun 3:30
Devil (STC) Fri 7-9:05 Sat 2:55-7-9:05 Sun 2:55-6:15-8:20 Mon-Thu 6:15-8:20
Easy A (STC) No Passes Fri 7:10-9:30 No Passes Sat 3:15-7:10-9:30 No Passes Sun 3:15-6:25-8:45 No Passes Mon-Thu 6:25-8:45
Resident Evil: Afterlife (STC) Fri 6:45-9:15 Sat 2:50-6:45-9:15 Sun 2:50-6-8:30 Mon-Thu 6-8:30
The Switch (PG) Fri 6:35-9 Sat 3:05-6:35-9 Sun 3:05-5:50-8:15 Mon-Thu 5:50-8:15
The Town (STC) No Passes Fri 6:30-9:20 No Passes Sat 2:45-6:30-9:20 No Passes Sun 2:45-5:45-8:35 No Passes Mon-Thu 5:45-8:35



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In Focus



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TIFF CREATES MANY BIG SUCCESSES

During the Toronto International Film Festival you'll see stars sipping lattes at the Starbucks in Yorkville and dolled-up on the red carpet at Roy Thompson Hall, but my favourite way to see them is up on the big screen. Celebrity gazing is a pleasant enough festival diversion, but the star attraction is the films.

Over the last 35 years the festival has run over 10,000 movies through their projectors. Obviously not all have gone on to win awards and break office records, but the festival has a surprisingly good track record at picking and showcasing hits.



▶ Public reaction to Slumdog Millionaire at TIFF helped catapult it into Oscar contention.

Chariots of Fire, The Big Chill and The Princess Bride all took home the fest's People's Choice Award and recent Oscar winners from TIFF include four award winner No Country for Old Men and Capote, which earned a Best Actor Oscar for its star Phillip Seymour Hoffman.

This year as the Oscar buzz is already building for TIFF treats Black Swan (director Darren Aronofsky's follow-up to The Wrestler), Paul Giamatti's performance in Barney's Version and the Bruce Springsteen documentary The Promise: The Making of Darkness on the Edge of Town, I thought I'd look back at movies that used Toronto as a springboard for later success.

SLUMDOG MILLIONAIRE

Although not technically a TIFF premiere — it was first shown at the Telluride Film Festival — director Danny Boyle credits the Toronto festival audience's reaction to the film with saving it from a terrible fate — going direct to DVD.

RAY

Before Ray premiered at the 2004 TIFF Jamie Foxx was best known as a comedian whose credits included dressing in drag as the ugliest woman in the world, Wanda Wayne, on In Living Color who occasionally dabbled in serious films like Oliver Stone's Any Given Sunday. After TIFF he was a serious actor, on the path to winning a Best Actor Academy Award.

ROGER & ME

At the start of the festival 21 years ago Michael Moore was an unknown documentary filmmaker hawking a self-financed film about the economic impact GM CEO Roger Smith's decision to close down several auto plants in Flint, Mich.

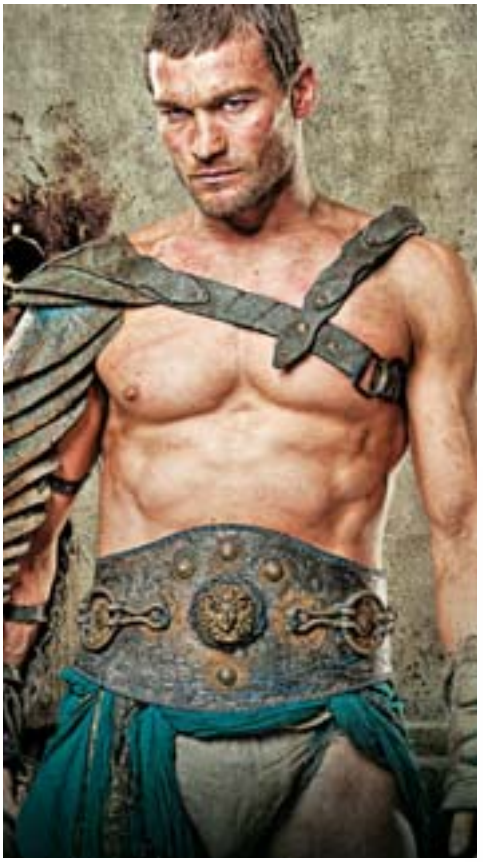
By the festival's end Moore was a media celebrity with a People's Choice Award and a film that would go on to win 10 other major awards — although no Oscar.

Moore would have to wait until Bowling for Columbine — which also played at TIFF — won the 2003 statue for Best Documentary.





7th heaven



Spartacus

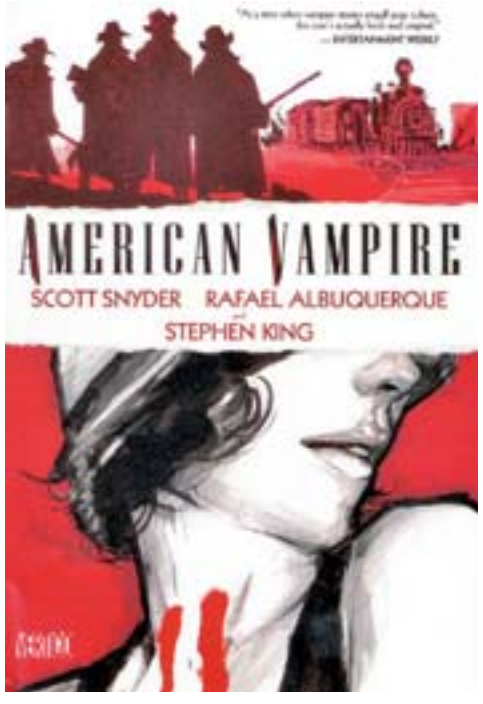
DVD The first season of the gladiator epic Spartacus: Blood and Sand is available on DVD and Bluray on Tuesday. The show — which features scantily-clad men and women — has been a critical fav since it premiered in January. The complete collection isn't spartan, featuring hours of bonus material.

The Playbook

POP CULTURE
Look out ladies: Author Matt Kuhn and How I Met Your Mother lothario Barney Stinson — played by Neil Patrick Harris — have teamed up for a step-by-step guide to picking up the ladies. Their advice includes every scam, hustle and hoodwink seen — and yet to be seen — on the popular TV show.

American Vampire

BOOKS
You knew it would only take a matter of time, and it's happened. Stephen King has jumped on the bloodsucker bandwagon with the graphic novel American Vampire. While his books have been turned into graphic novels before, this is the first time to king of horror has written one himself.



Metro pick



Michael Grimm

WINNER
Mississippi native Michael Grimm took home the America's Got Talent title this week. The crooner — who lost everything during Hurricane Katrina and was almost disqualified earlier in the season when he went over the time limit — received a $1 million US prize and a Vegas show.
METRO

▶ America's Got Talent winner Michael Grimm.

Gratitude

CELEBRITY
What are you most grateful for: Not stepping in the puddle this morning? Maybe that great gal or guy in your life? In the new book On Gratitude, celebrities reveal what they are most grateful for in life. Some are serious, others, like Ricky Gervais being grateful for pajamas, are ridiculous.



Airports

BOOKS
Spend a lot of time in airports? Then, you have something in common with Alan de Botton. He was invited by the owners of Heathrow to spend time wandering around their airport. The result is a small tome about the people he met, and the people who work in the airline industry.

Drinkology

FOOD
Summer may be inching to its end, but that is no reason the entertaining needs to stop. James Waller's Drinkology: The Art and Science of the Cocktail has been updated with 40 new recipes. So whether you want a Cosmo or a Gimlet, there is a recipe for you — along with interesting tips and advice.
METRO

6 DAYS
5 DAYS
4 DAYS
3 DAYS
2 DAYS



Mix of Six

Film

Atlantic Film Festival
When: Through Sept. 25
Where: Various venues in Halifax
Celebrating its 30th edition, this fourth major film festival in Canada will see 85 feature-length films, 96 short movies, and two retrospectives be screened. Visit atlanticfilm.com for complete details.

Sports

Atlantic University Sport Football
When: Saturday, 2 p.m.
Where: Huskies Stadium
In a marquee match-up for Week 2, the Saint Mary's Huskies welcome Quebec rival Laval Rouge et Or in what is expected to draw several thousand fans. Saint Mary's stumbled out of the gate last week, dropping a road game to Acadia.

Comedy

Debra DiGiovanni, John Moloney, Alonzo Bodden and Jonny Harris
When: Saturday, 8 p.m.
Where: Rebecca Cohn Auditorium
It should a night full of laughs as these top comics come to Halifax for a show put on by ESP Productions, which is the producer of the Halifax Comedy Festival.

Theatre

Romeo and Juliet
When: Friday through Oct. 17
Where: Neptune Theatre
This popular play by William Shakespeare is again brought to life as Neptune kicks off its 2010-11 season with what is sure to be a hit with theatregoers. Tickets are available through neptunetheatre.com

Family

Halifax Duck Derby
When: Saturday, noon to 3 p.m.
Where: Bishop's Landing, Halifax Waterfront
This family event is highlighted by a rubber duck race featuring over 10,000 rubber ducks on the Halifax harbour.

Tour

Nearly Neil and The Solitary Band
When: Saturday and Sunday, 8 p.m.
Where: The Schooner Showroom, Casino Nova Scotia
This show features Bobby Bruce — an internationally renowned entertainer. Tickets are $25.

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The summer was a little light for new rock releases. The fall is a different matter.

Jimmy Eat World/Invented (Sept 21):
Phoenix outfit releases their seventh album using the producer that helped shaped their early sound.

Maroon 5/Hands All Over (Sept 21):
Produced by the former Mr. Shania Twain — Robert "Mutt" Lang (a fan of the band). The band has dropped hints that this may be their second-to-last album.

Santana/Guitar Heaven (Sept 28) The Greatest Guitar Classics of All Time (Sept 21):
Carlos decides he can improve upon (or reimagine) rock standards from everyone from Van Halen to Jimi Hendrix.
Vocal help comes from Chris Cornell (Soundgarden), Scott Weiland (Stone Temple Pilots) and others.

Neil Young/Le Noise (Sept 28):
This one is coming on CD, vinyl, via an iTunes download, Blu-Ray and as both an iPhone and iPad app.
Producer Daniel Lanois promises that "there's nothing else out there like it."

The Doobie Brothers/World Gone Crazy (Sept 28):
It's back to the Tom Johnson-fronted Doobies and producer Ted Templeman, the guy behind the band's big early hits. Deluxe edition features a DVD with a retrospective of the band's 40-year career.
Oh, and Willie Nelson shows up.

Phil Collins/Going Back (Sept 28):
With the Genesis reunion, work on soundtracks and health issues (including one that precluded him from playing drums), Phil's first solo album in eight years features covers of his favourite Motown and soul songs.

Soundgarden/Telephantasm (Sept 28):
Resurrected after 13 years on ice, SG reintroduces themselves to a new generation with a retrospective collection.

Bedouin Soundclash/Light on the Horizon (Sept 28):
After a hiatus necessitated by touring burnout, a new drummer should inject new life into Kingston's best known alt-ska/alt-reggae band.

Ben Folds and Nick Hornby (Sept 28):
Piano dude supplies the music. High Fidelity/About a Boy/Juliet, Naked author supplies the lyrics. This could be interesting. Or a mess.

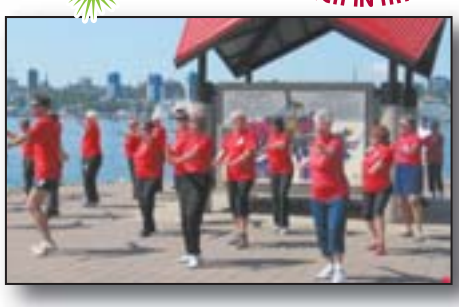
Finger 11/Life Returns Electric (Oct 05):
Them vs. You vs. Me will be a tough act to follow, but the first single, Living in a Dream, has already reached No. 1 on the Canadian rock music charts.

Kings of Leon/Come Around Sundown (Oct 19):
Has the requisite five-syllable album title. Some of these songs have already been road-tested.

U2/Songs of Ascent (Who knows?):
They have to get something out there to counteract the apathetic reception of No Line on the Horizon. But when?

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Blazing his own trail

Danny Michel's eighth album was recorded in Belize, Costa Rica and Holland Recorded independently, it escapes tradition and evades stagnancy

KEITH CARMAN
SCENE@METRONEWS.CA

"This is the first record of mine I enjoy listening to," admits singer/songwriter Danny Michel in regards to his latest independently-released effort Sunset Sea.

"I think you'd be hard-pressed to find any musician that likes their old albums, though. If you were content with them, you wouldn't be moving forward. I like parts of them but writing music should be a constant learning curve."

With some seven predecessors as well as accolades including Juno nominations and boasting Texas rocker Alejandro Escovedo as a dedicated fan, the Kitchener-Waterloo native hasn't exactly been issuing faltering material over the past decade-plus. However, when it comes to Sunset Sea—available at shows and via www.dannymichel.com— the affable Michel notes he has finally shed the confines of speculation and worry on a creative level.

Surprisingly, the results on Sunset Sea showcase Michel eschewing his singer/songwriter legacy. A confident album blossoming with upbeat world-meets-Caribbean vivaciousness and virulence, it is inspired by the desire to embrace fresh elements and escape the trappings of his traditional aural spectrum. Still, Michel admits that he only realized the unrest that taking such a divergent path might cause amongst proponents after the fact.

"I was really nervous about it to be honest. I wasn't sure if people would appreciate it or point and laugh, whispering 'Did you hear what he did,' to each other behind my back."

Garnering nothing less than abounding critical and fan praise, Michel need not have worried. Sunset Sea is quickly becoming his most revered work, prompting gratitude that pundits have let their "adventurous spirit follow along" with/embrace this foray outside the confines of his well-trodden folk-inspired territory.

To that extent, Michel reveals how the experience of creating Sunset Sea was a self-discovering journey both musically and lyrically. Recording in such diverse locales as Belize, Costa Rica and Holland with guests including longtime colleague Sarah Harmer, it is the direct result of that aforementioned desire to evade stagnancy.

"I've gotten pretty sick of rock and singer/songwriter music," he declares. "I include myself in that...I find it to be sort of the same and whiny. I wanted to write some positive songs that have some greater message than, 'I'm sad 'cause this girl doesn't like me.' Sunset Sea turns up they lyrics; focuses on what's really important in life ... somehow."


▶ Danny Michel

Dropping labels

Even some major stars have opted to supervise their own careers or shift over to minor labels.

- **Radiohead** issued 2007 opus In Rainbows on their own.
- **Counting Crows** ended an 18 year relationship with Geffen Records in 2009 in favour of autonomy.




▶ of Montreal was influenced by late '60s and '70s soul, R&B and funk music.

Heavy bass casualties

Necessary risk for of Montreal to move from psychedelic pop towards R&B

CAM LINDSAY
SCENE@METRONEWS.CA

If you happen to find the bass levels on of Montreal's newest album False Priest rumbling a lot more than usual, don't worry. The band's leader Kevin Barnes specifically wanted to blow up your speakers, your headphones, your mind, and basically whatever else can become a casualty of such heavy bass.

Barnes says the goal was "just to make it have a heavier impact, hit your chest harder than our previous records." By working with co-producer Jon Brion, Barnes was inspired to jack up the low end to give of Montreal's tenth album some kick.

"(Jon) was sort of obsessed with the way low end works in the mix and thought the highest highs and the lowest lows (would) create a very broad spectrum sonically. We thought of artists like Dr. Dre and A Tribe Called Quest and how they used it with their record, then came up with our own methods to reproduce that."

"A lot of records you hear are one dimensional," Brion says.

"They have one sound and follow the formula of that band. I've always tried to get away from any sort of formula."

Time to make the Saturday night Splice connection

Splice's Tori & Dean, Real Housewives have more in common than meets the eye ◐ Metro digs the links


Tori & Dean



Tori and Dean recently renewed their wedding vows, as did Ramona and Mario from the Real Housewives of New York City.



Tori Spelling's father Aaron, and Real Housewives of Washington, DC's Mary Schmidt Amons' grandfather, Arthur Godfrey, have both been nominated for Emmy awards.


Real Housewives of Washington D.C.

Washington's Mary Schmidt Amons, and New York City's Kelly Killoren Bensimon are both fashionistas and designers

Washington's Michaele Salahi and New Jersey's Danielle Staub are both being investigated for committing a federal offence


Real Housewives of New York City.

New Jersey's Teresa Giudice and New York's Bethany Frankel are both involved in a feud

New Jersey's Danielle Staub and New York's LuAnn des Lesseps are both trying to launch a music career.


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Liar, liar

Newcomer James Wolk stars in Lone Star as a secret bigamist and conman New drama features acting heavyweight Jon Voigt as oil company patriach

IAN JOHNSTON
SCENE@METRONEWS.CA

Actor James Wolk says selling ladies' shoes helped prepare him for the role of bigamist conman Bob Allen in the new drama Lone Star.

"Bob's greatest tool is the ability to make people believe in him," says Wolk, who began selling shoes at 12 in his father's Michigan store. "I learned the ability to connect with people. They aren't going to buy shoes unless they're comfortable with the person they talk to."

In Lone Star — which premieres Monday on Global — Bob's gift for gab has landed him a wife who is part of a billionaire Texas oil family that Bob hopes to fleece. Add to that another wife and con in a small town, and Bob's got a lot on his flimflam schedule.

Yet, trouble only begins to brew when Bob develops a conscience and starts having true feelings for his two families. Soon, he's scheming not only to make money, but to fix the damage he's done in both his lives.

"Bob is himself in both worlds. And both worlds fill voids in his life," says Wolk, 25.

According to Lone Star Executive Producer Amy Lippman (Party of Five), casting a relative unknown like Wolk opposite acting heavyweight Jon Voight (who plays an oil company patriarch) wasn't the original plan. But Wolk won them over.

Still, Lippman thinks there's a real advantage to having someone new on screen. "There will never be another moment in time where people won't know who he is."

Lippman says the show can only work if the audience sides with Bob, who is "doing something really immoral" even while he's trying to make things right. Still, Lippman says Bob's scheming and lies won't ultimately make or break the show.

"It'll be successful if you can interest audiences in those two marriages — something that isn't always related to a secret or a lie."

SUBMITTED



▶ Wolk plays smooth-talking Bob Allen in Lone Star

Charming man

Actor James Wolk had a gift for the gab even as a young man selling shoes at his dad's Michigan store

- **Newcomer advantage: "People will be discovering him (Wolk) in the role and won't bring past roles into the mix," says Lippman.**
- **Lone Star premieres Monday night on Global.**

Always drama at West Bev

90210 promises a groundshaking third season premiere as the show's glam teens contend with an earthquake in addition to their usual high-drama lives. Dixon and Annie (played by Canadian Shenae Grimes) are dealing with a shakeup at home too, as their father is no longer in the picture. (Friday, Global)

New gig for Conan O'Brien

NYPD Blue star Jimmy Smits returns to network television with his new series, Outlaw, which premieres tonight. The 55-year-old actor plays a U.S. Supreme Court Justice who resigns from the bench to start his own law firm. A piece of trivia for comedy fans: the series is executive produced by late-night star Conan O'Brien. (Friday, Global)

Don't think twice: watch

Take your pick between two award-winning biopics. MuchMoreMusic has Oscar nominee Cate Blanchett in a film about Bob Dylan's life, I'm Not There. Or you can watch 2001 best picture winner A Beautiful Mind, in which Russell Crowe portrays Nobel laureate John Forbes Nash, Jr. (Saturday, Bravo)

More Dancing

The eight remaining couples square off on So You Think You Can Dance Canada (Monday, CTV)

THE CANADIAN PRESS





Lohan getting back to her partying ways

Friends express their concern

Friends are already starting to worry about Lindsay Lohan slipping back into her old partying lifestyle after the troubled actress was spotted pulling an all-nighter at New York nightclub the Boom Boom Room, according to Us Weekly.

"It's the same old cycle of lying and denials," a source says.

"She's telling everyone she didn't go out. We're like, 'Lindsay, people saw you there!'" Lohan reportedly hit the club less than three weeks after leaving rehab.

"Everything that she went through seems not to have changed her a bit."

METRO

GETTY IMAGES



▶ Lindsay Lohan

GETTY IMAGES



▶ Ben Affleck

Affleck having woman troubles

Ben Affleck insists that he loves his family, but sometimes it's hard being the low man on the totem pole.

"I just know what it's like to be a serf that just does things," Affleck tells Ellen DeGeneres about life with Jennifer Garner and their two young daughters. "I take orders from people that cannot speak. And yet still they are higher up on the food chain than I am."

And being the only man in the equation isn't easy, either.

"I have three women in the house," Affleck says.

"I get to be wrong three times a day."

METRO



Cheating claims persist for Kutcher

While Ashton Kutcher has denied Star magazine's claims that he's been cheating on Demi Moore, another woman has come forward, telling the magazine she was picked up by the Punk'd star.

"I felt totally comfortable in his arms," the 21-year-old tells the magazine. "It was tender and nice, not some random sex act." Kutcher's lawyer has struck back, saying in a statement, "Star Magazine continuously publishes lies about Ashton Kutcher and many other celebrities."

METRO

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▶ Ashton Kutcher

Talking points

Jackson family suing AEG

EVERYONE IS AT FAULT FOR MICHAEL'S DEATH BUT NOT MJ HIMSELF Michael Jackson's family is suing concert promoter AEG for allegedly forcing the singer into a grueling rehearsal schedule that led to his death, according to People magazine.

The lawsuit, filed this week in Los Angeles, alleges that Jackson was "shivering and disoriented" at his final rehearsal.

"AEG had legal duties to Michael Jackson to treat him safely and to not put him in harm's way," the lawsuit states.

"But AEG, despite its knowledge of Michael Jackson's physical condition, breached those duties by putting its desire for massive profits from the tour over the health and safety of Michael Jackson."

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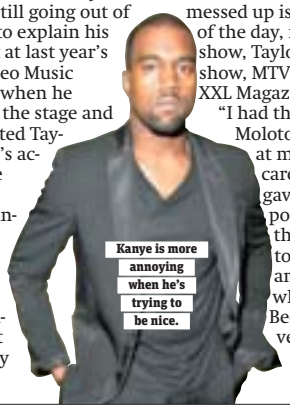
Kanye still apologizing

LET IT GO BUDDY Kanye West is still going out of his way to explain his outburst at last year's MTV Video Music Awards, when he stormed the stage and interrupted Taylor Swift's acceptance speech.

"The incident wasn't about Taylor personally. And it definitely wasn't about race. Where I messed up is, at the end of the day, it's your show, Taylor. It's your show, MTV," West tells XXL Magazine.

"I had thrown a Molotov cocktail at my own career, and it gave me an opportunity, for the first time, to go away and find out who I was. Because I felt very alone."

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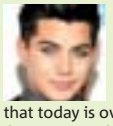
Celebrity tweets



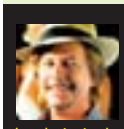
Steve Martin [@SteveMartinToGo] Going to bed now. It's late. Wait, I'm in Korea. It's noon. Hey, let's have lunch!



Sam Ronson [@samantharonson] Sure I'll give you a cigarette for free. The light is gonna cost you $10, though.



Adam Lambert [@adamlambert] Very glad that today is over. So tired I'm gonna go bed without brushing my teeth.



David Spade [@DavidSpade] the good news: brad pitt is shooting a movie in stage next to mine. The bad news: 3 people thought i was Shilo

METRO

Rimes speaks about her affair

LeAnn Rimes is speaking out about how her marriage broke up because of her affair with co-star and current beau Eddie Cibrian.

"I understand why people are disappointed in me, especially since I grew up as America's sweetheart," Rimes tells Shape magazine. "I think any relationship is hard to get out of, and I don't think the way I did it was right. I did one of the most selfish things that I possibly could do, in hurting someone else."

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▶ LeAnn Rimes

Food fit for the stars

Hungry Hollywood celebrities turn to the Elmore sisters for practical, nutritious meals

Jewels and Jill Elmore know what John Travolta has in his fridge, the food Arnold Schwarzenegger and Maria Shriver are serving dinner guests and that Jennifer Aniston is high on energy-giving nutritious foods.

The two sisters are personal chefs to many of Hollywood's celebrities, often travelling with them or preparing the daily menus for their families at home.

Although the pair didn't have formal culinary training, "we attended a lot of cooking and nutrition classes before joining a catering company," says 43-year-old Jewels.

But as word spread about the sisters' abundant talent for food shopping and preparing delicious meals, they decided to start their own business.

"So we are employed by one client at a time to work their home on a full-time basis," says Jill, 40.

Raised in California in a large and closely knit Mexican-American family, the pair learned their culinary skills mainly from a grandmother.

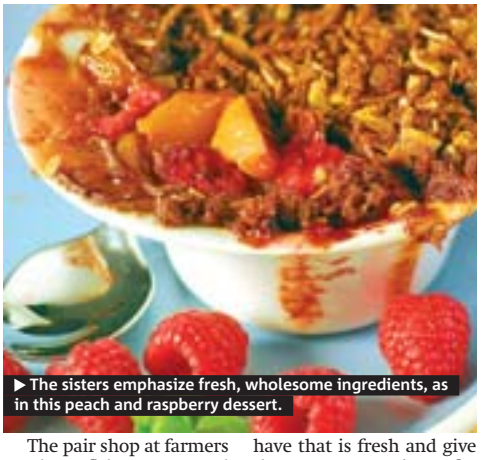
And what makes them sought after is their emphasis on healthy eating. This is particularly important to the celebrity clientele they have amassed.

"Sometimes our clients are working on a specific movie role and they have to lose a few pounds for a bathing suit shot," says Jewels. "And there are others who have to gain some weight.

"Most of all, the people we work for are really concerned about consuming healthy fresh foods so they can keep their energy levels up."



▶ Jewels and Jill Elmore say they're looking forward to trying Toronto's restaurants.



▶ The sisters emphasize fresh, wholesome ingredients, as in this peach and raspberry dessert.

The pair shop at farmers markets, fishmongers and butchers for the food they serve their clients.

"We tell them what we have that is fresh and give them some options for what we can make them that day," says Jill.

THE CANADIAN PRESS

RECIPE

Preparation:

Peach and Raspberry Crisp

1. Preheat oven to 190 C (375 F).
2. In a large bowl, combine raspberries and peaches. Add lemon zest, lemon juice, honey, sugar and flour. Toss gently to coat. Place mixture in bottom of 4 ramekins, dividing evenly.
3. In a bowl, combine bran cereal, almonds, brown sugar, cinnamon and nutmeg. Add butter and combine until crumbly. Place mixture on top of fruit, dividing evenly.
4. Bake for 35 to 40 minutes or until bubbly. If topping is browning too quickly, tent with foil for the last 10 minutes.
5. Let cool for 10 minutes before serving. Garnish with fresh raspberries and mint. Makes 4 servings.

Ingredients:

Peach and Raspberry Crisp

- 170 g (6 oz) raspberries
- 750 ml (3 cups) peaches, peeled and sliced
- 5 ml (1 tsp) lemon zest
- 5 ml (1 tsp) lemon juice
- 15 ml (1 tbsp) honey
- 50 ml (1/4 cup) granulated sugar
- 30 ml (2 tbsp) all-purpose flour

Topping

- 300 ml (1 1/4 cups) bran cereal
- 125 ml (1/2 cup) sliced almonds
- 125 ml (1/2 cup) brown sugar
- 5 ml (1 tsp) cinnamon
- Pinch ground nutmeg
- 50 ml (1/4 cup) cold butter
- Fresh raspberries and mint sprigs, for garnish





3 life

Super Food

Berries

The health benefits of berries and walnuts could include activating the natural house keeping and anti-ageing of our brains. Their anti oxidant and anti-inflammatory properties are already recognised, but recent studies by the American Chemical Society have shown that the whole fruit extracts of both berries and walnuts activated the housekeeping process referred to as "autophagy" in the cells. This mechanism cleans up and recycles proteins linked to age-related memory loss and mental decline.

ROMINA MCGUINESS



Make ahead of time: Recipe for Mediterranean chicken and artichoke pie. Scan code for recipe

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ERIC RISBERG/THE ASSOCIATED PRESS



▶ Ranch manager Francisco Perez with a handful of Tomatillos.

Double duty crop

- A Napa Valley vineyard is growing more than grapes
- Tomatillos are perfect for making salsa

Eric Titus is proud of the grapes his family grows in the Napa Valley. The salsa they produce isn't too shabby, either.

And both come from the same patch of land.

That's because Titus (who runs Titus Vineyards with his winemaker brother, Phil), has elevated a common viticultural practice to a culinary one. For tucked beneath the grape vines on the family's property are tomatillo plants, a cover crop that improves soil and helps keep the vines from growing unchecked.

It also produces an abundance of bright green and purple fruits that resemble small tomatoes with a mildly sour, astringent flavour that works wonders in salsa.

Planting cover crops in vineyards is a widely practised farming technique. Eating cover crops is a bit more unusual.

Usually, the crops, often cereals, are tilled back into the soil once they've served their purpose, says Jennifer Kopp Putnam, executive director of the Napa Valley Grapegrowers.

Growing crops between grapevines won't work as a large-scale effort, notes Titus. For one thing, it's too much trouble to navigate around one crop while tending to the other.

But at Titus, the two-crop system works. The family plants conventional cover crops during the winter, which are tilled under. But in summer, the tomatillos flourish in the loamy soil favoured by Cabernet Sauvignon. The tomatillos compete with the vines, controlling growth, and ripen before harvest so they're out of the way before the picking crews move in.

The tradition began about 25 years ago when Francisco Perez, now ranch foreman, cut up some of the tomatillos he liked to use to make salsa and spread them around the vineyard. Spring rains determine how big the crop will be and managers never know which rows will take off in a given year.

Though cover crops are an old concept, they've only really been embraced in the Napa Valley for about the last 15 years or so, Putnam says.

The objective is to find balance in the vineyard — just the right amount of water availability or sun — and the tactic is constantly evolving, with new ideas on when and what to plant.

Some still like the idea of meticulously manicured vineyards.

"Some of the more old guard guys just think you've got a messy weed out in your vineyard," says Titus, who runs Titus Vineyards with his winemaker brother, Phil. "For me, it's more about getting that vigour control and having the benefit of something you can consume as well and have fun with."

"Some of the more old guard guys just think you've got a messy weed out in your vineyard ... [It's] something you can consume as well and have fun with."
ERIC TITUS, TITUS VINEYARDS

The final destination for Titus tomatillos is a session on the grill under Perez' careful supervision. The pale green globes blister and burst with flavour before being mixed with roasted peppers, a little garlic and some vinegar.

"Everybody likes it," Perez says.

What does it pair with?

"A cold beer," Titus says with a laugh.

THE ASSOCIATED PRESS

- Micah Brown to make first start for Huskies on Saturday against Laval
- He'll quarterback the offence in place of Jack Creighton, who's been benched
- Huskies will have their hands full as the Rouge et Or are No. 1 in Canada

RYAN TAPLIN/METRO HALIFAX



▶ Saint Mary's QB Micah Brown during practice at Huskies Stadium on Thursday. Brown will start during this weekend's game against Laval.

Brown gets his first assignment for SMU



MATTHEW WUEST
@METRONEWS.CA

"He doesn't know anything about Laval. There's a mystique to playing Laval and he doesn't have that. That was as big as a factor as anything. He's not going to be intimidated."
SAINT MARY'S HEAD COACH STEVE SUMARAH, ON MICAH BROWN

Although Micah Brown will be making his first start with the Saint Mary's Huskies on Saturday, he's far from a rookie quarterback.

The well-travelled 24-year-old has already been a starting pivot at the NAIA and NCAA Division II levels, spent a year on the gridiron in Switzerland, and even tried out at two CFL training camps.

He's getting the keys to a struggling Saint Mary's offence in place of benched Jack Creighton and hopes his experience will make him a calming presence against the nationally top-ranked Laval Rouge et Or at Huskies Stadium at 2 p.m.

"I'm a pretty cerebral type of guy," said Brown, who is taking a dual major in psychology and sociology at Saint Mary's.

"I don't really get too excited or too down. I'm just kind of mellow, for the most part. I'll (stay calm) in the huddle and just relax the guys."

The Tampa, Fla., native posted nondescript NAIA stats at West Virginia Tech in 2006 and had similar NCAA Division II results at Saint Paul's in 2008.

Huskies head coach Steve Sumarah described the five-foot-10 175-pounder as having "good pocket presence" while noting he is confident with a good arm.

"Whatever the system calls for, whatever the game calls for, whatever the situation calls for — drop back, scramble, run, make a play — I'm gonna do it," Brown said.

He'll be thrown into the fire against a team that has won four of the past seven Vanier Cups. He's aware of Laval's rich history, but isn't fazed, at least not yet.

"I'm just going in there to get the job done," he said. "Trust the O-Line, receivers and running backs, and just go out there and try to make some plays."

Late Change

Saint Mary's head coach Steve Sumarah, on his Wednesday decision to bench quarterback Jack Creighton after saying on Tuesday he wouldn't:

- "We needed a change. I was trying to be supportive and positive for Jack and it just wasn't happening. We were flat. We just weren't moving. We needed a shakeup."
- "Going into this weekend against a team like Laval, we needed a different spark. It honestly didn't happen last week (in a 17-7 road loss to Acadia). Laval is the No. 1 team in the country and we need to be firing on all cylinders."
- "I don't think the team is thrilled (about the change) based on the fact that the reason we're making the change is because we were not productive. It falls on everybody's shoulders."

Huskies no strangers to underdog role vs. Laval

The Saint Mary's Huskies lost a game many thought they'd win last week. This week, they're hoping to win a game many think they'll lose.

The Huskies, who suffered an opening-week road loss to Acadia, host the powerhouse and nationally top-ranked Laval Rouge et Or on Saturday at 2 p.m.

"I guess that's why we play the games," said Huskies all-star tailback Devon Jones.

"Everyone's going to say, 'They don't have a chance.' Good. That will fuel our fire. We're ready for them to come in."

The Huskies are looking to avoid just their second 0-2 start in the past 15 seasons.

While they are obvious underdogs, they were also underdogs in the 2007 Uteck Bowl and ended up ousting the Rouge et Or in a surprising 24-2 triumph.

"Last time they were on this field, I'm sure (Laval) coach (Glen) Constantin knows the outcome," Jones said.

"We're not guaranteeing anything, but we're going to come out much more prepared than we were last week."

MATTHEW WUEST

4 sports

Football news

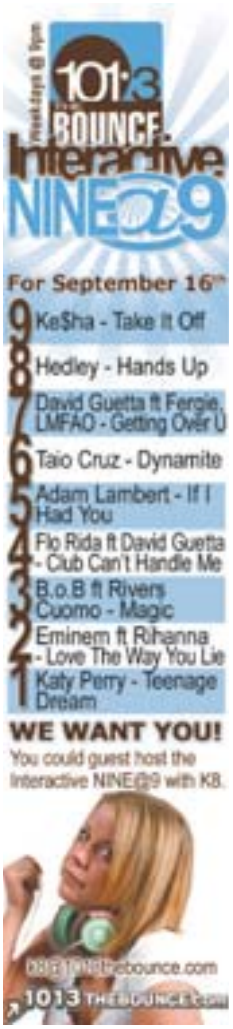
Milton Greyeyes
The third-year Saint Mary's offensive lineman will miss Saturday's game against Laval with a calf sprain. Another starter, defensive back John Boonstra, will also sit out with a separated shoulder.





Blake Nill
The Calgary Dinos football head coach — formerly of the Saint Mary's Huskies — has earned a one-game suspension for his conduct toward an official last week.

Scan code for sports



Sports in brief

Terenzio set for Q debut

MOOSE. Rookie goalie Anthony Terenzio is scheduled to start his first QMJHL game on Friday when his Halifax Mooseheads visit the Bathurst Titan at 7:30 p.m.

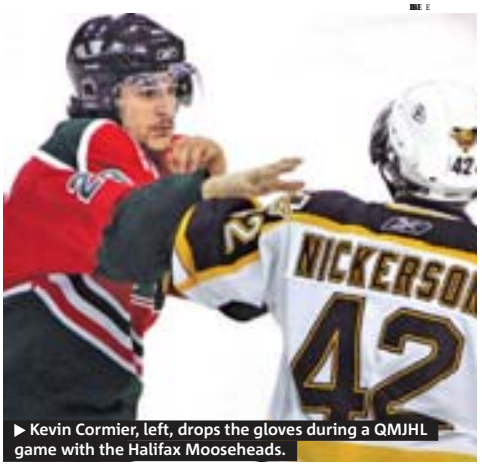
Veteran Mathieu Corbeil has recovered from a wrist injury and will serve as Terenzio's backup and should be ready to start on Saturday, if needed, against the Saint John Sea Dogs.

Herd bid to host Mem Cup

QMJHL. The Mooseheads were one of four teams to submit official bids to host the 2012 Memorial Cup, the QMJHL announced Thursday. The Cape Breton Screaming Eagles, Saint John Sea Dogs and Shawinigan Cataractes were the others. METRO HALIFAX

Former Moose fan favourite calls it quits

Kevin Cormier, 24, decides to retire, report says



▶ Kevin Cormier, left, drops the gloves during a QMJHL game with the Halifax Mooseheads.



MATTHEW WUEST
@METRONEWS.CA

One of the Halifax Mooseheads' all-time fan favourites has retired from hockey.

Kevin Cormier, at just 24 years of age, reported to New Jersey Devils training camp this week only to meet with general manager Lou Lamoriello and tell him he has decided to call it a career, according to the Bergen Record newspaper.

The six-foot-three, 236-pounder from Cap-Pele, N.B., had one season left on a two-year contract that was to pay him $500,000 at the NHL level and $50,000 in the minors.

Originally drafted by the Phoenix Coyotes in the sixth round (168th overall) in 2004, Cormier averaged just 18 games per season because of injuries since turning pro in 2007-08.

Cormier played for the Mooseheads in 2004-05 and 2005-06, accumulating 18 goals and 16 assists for 34 points along with 442 penalty minutes and 164 hits in 130 games. He was known as one of the most feared enforcers in the QMJHL. In 2009, fans of the team voted Cormier the 15th most popular player in franchise history.

Fightin' Moose

Kevin Cormier had 54 fights in two seasons with the Mooseheads, fourth in franchise history. Per HockeyFights.com, here are the top two:

1. Alex Johnstone: Piled up 67 fighting majors in 165 games.
2. Jeffrey Sullivan: Close behind with 64 fighting majors in 183 games.

NOTICE

What do you think about the Children and Family Services Act and the Adoption Information Act?

The Minister of Community Services Advisory Committee on the Children and Family Services Act and Adoption Information Act is looking for your input. These Acts can be accessed at www.gov.ns.ca/legislature/legc

The Advisory Committee is required to advise the Minister annually on how the Acts are operating, and whether the principles and purposes of the Acts are being achieved. The Committee is made up of parents, persons from the cultural, racial, or linguistic minority communities, a legal aid representative, and a child welfare agency representative.

The Committee is seeking your input as part of our review. We are particularly interested in hearing from anyone who is currently a child in care, or who has been a child in care. Submissions should be received by October 15th, 2010.

If you have any recommendations or concerns with respect to the Children and Family Services Act or the Adoption Information Act or would like to meet with the Advisory Committee, please contact:

Kathy A. Briand, Advisory Committee Chair,
Children and Family Services Act,
116 George Street
New Glasgow
Nova Scotia
B2H 2K6
Telephone (902)755-7020
Fax (902)752-8733

* All submissions are subject to the provisions of the Freedom of Information and the Protection of Privacy Act. Please identify if you would like your submissions or parts of your submissions to remain confidential.

NOVA SCOTIA
Community Services



Price looks to rebound now that Halak's gone

A lot went right for Montreal Canadiens goaltender Carey Price this summer, even if he spent much of it thinking about last season's negatives.

First, the Canadiens traded Jaroslav Halak, the man who stole Price's starting job and led them to the Eastern Conference final.

Then the Anahim Lake, B.C., native signed a $5.5-million US, two-year contract.

Now after a summer of reflection, Price says he's going into training camp determined to be better in 2010-11.

"It was a really tough time when things weren't going well," the netminder said Thursday at the team's annual charity golf tournament. "I wasn't having fun playing.

"That's something you get over when you get home, because you really see how lucky you are. Coming into this season, I got to spend some time at home and think about what I could be doing instead. This is a lot better alternative."

Price spent much of the summer at home in northern B.C., working out during the week and competing in rodeos on the weekend.

That allowed him to leave behind a disappointing 2009-10 campaign in which he went 13-20-5 with a 2.77 goals-against average. Halak, meanwhile, posted a 26-13-5 mark with a 2.40 GAA in the regular season before leading the Canadiens to seven-game upsets of Washington and Pittsburgh in the post-season.

The Canadiens felt they couldn't fit both restricted free agent goalies in under the salary cap, and opted to trade Halak to St. Louis for prospects Lars Eller and Ian Schultz. They signed veteran Alex Auld to be Price's backup.

"We decided as an organization that Carey was our goaltender," said coach Jacques Martin.

THE CANADIAN PRESS

RICHARD WOLOWICZ/GETTY IMAGES



▶ Carey Price

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A DAY TO CELEBRATE PLAYING

This Saturday marks the first official celebration of Sports Day in Canada.

Unlike other days, which erect boundaries around passions that citizens enjoy for particular athletic endeavours, Sports Day in Canada is without limits. It's not meant to admire elite, high-performance sport, but instead to reflect the appeal of healthy, active living.

It's about the joy of playing games.

So far, in conjunction with ParticipACTION and True Sport, more than 1,000 events have been registered on the Sports Day in Canada website.

These events range from dragon boat racing in Montreal, to learn-to-swim programs in Calgary, to wheelchair rugby in Richmond, B.C., and involve hundreds of thousands of folks across the country who come from all walks of life and in various shapes and sizes.

Sports Day in Canada is proof positive that being an athlete appeals to a vast number of people from coast to coast.

"Today, sport is our most popular and universal form of culture. It suggests a safe, comfortable and reassuring haven in a heartless world."

DR. BRUCE KIDD

"Today, sport is our most popular and universal form of culture," says Dr. Bruce Kidd, the former dean of physical education at the University of Toronto and himself a Commonwealth Games champion.

"It suggests a safe, comfortable and reassuring haven in a heartless world. I would like to think even in a good world, people would turn to sport for the joy, the excitement, the learning, the companionship and all that it means."

It means taking part.

ParticipACTION came about in the early 1970s as a way to promote healthy living and physical fitness and was nationalized by the government of Pierre Elliott Trudeau in order to battle skyrocketing health-care costs.

But this notion of Canadians feeling good because they take part in sport has been overshadowed by a spectator mentality where competitive professional pursuits grab all of the attention.

Too many Canadians are watching games instead of playing themselves.

"Only 13 per cent of Canadian kids get the physical activity they need for healthy growth and development," stresses Kidd.

"We had such a remarkable Olympics this winter in Vancouver and Whistler, but there's not been an Olympic bounce in terms of increase in participation. We need to find more ways to get children and adults physically active."

Every sport will finally have its day.

But it means getting off the couch and back to basics to enjoy the magic of play.

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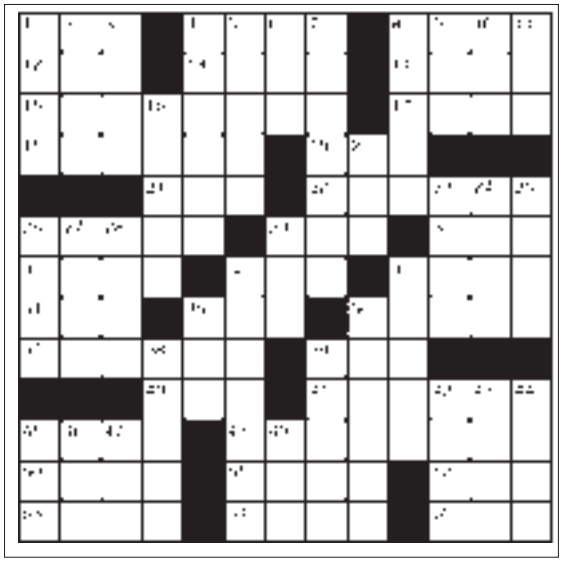
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Crossword



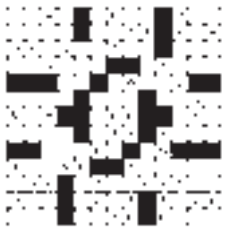
Across

1 Cruise or Hanks
4 Cabbage salad
8 MRI predecessor
12 "Exodus" hero
13 Estate recipient
14 Bygone times
15 Slender stogie
17 Dregs
18 Panacea
19 "Ulalume" writer
21 Unfriendly
22 Anderson of "Baywatch"
26 Furtive sort
29 Dict. explanation
30 Central
31 Survey
32 Knight's title
33 Fourth dimension
34 Census datum
35 $ dispenser
36 The fifth element
37 Work of fiction, south of the border
39 Agt.
40 Pitch
41 Female warrior
45 Platter
48 Horn made famous at the 2010 World Cup
50 Shaving cream additive
51 — out (supplements)
52 Atmosphere
53 Indistinct view
54 Take out of context?
55 Actress Myrna

Down

1 Recording
2 Spoken
3 Mary Quant creation
4 Comic bit
5 Suspicious
6 Have a bug
7 Candy eater's discard
8 Woody tissue
9 Shad product
10 Exist
11 "Of course"
16 The A in "CAT scan"
20 Klutzy one
23 Eastern bigwig
24 Wheels of fortune?
25 Mideast gulf
26 Bridge
27 "Forget it"
28 Ht.
29 Badly lit
32 Famished
33 November birthstone
35 Chicken-king link
36 Baffle
38 Bygone anesthetic
39 "Bolero" composer
42 Ardor
43 Hodgepodge
44 — a soul (nobody)
45 Slight application
46 Under the weather
47 Old French coin
49 Guitar's cousin

▶ Yesterday's answer



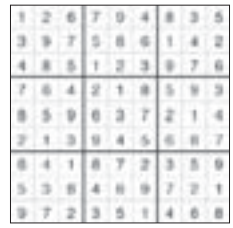
Sudoku

					1	9		8
8	5		9	7				2
	3							
6		9			4	3		
2								9
		3	1			7		4
							8	
1				9	6		7	5
7		6	4					

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶



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To my banana muffin, you are the reason why I smile everyday. Thank you for all that you do and all that you are. I love you so much and I'm so thankful to get to spend the rest of my life with you. You complete me. **LOVE E**

Mr. Exec, you have made me happier than I thought possible in the past month. You really are my knight in shining armour on a silver horse. Thanks for helping me believe in fairy tales again. **LOVE, CINDERELLA XOXO**

B, Coming home to you and the guys is the best part of my day, everyday. I love you now more than ever and never want to be without you in my life. You're awesome. **G**

Baby, you're perfect. You are my best friend, hubby and soulmate. I love you bubba! Muah! **XOXO**



Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 No matter how go-getting an Aries you may be you cannot do it all on your own and that fact will be hammered home by what happens today.

♉ Taurus April 21-May 21 As both the Sun and Mercury are transiting the most confident area of your chart you may be tempted to think you can do as you please. Indeed you can, but that does not mean you will get away with it.

♊ Gemini May 22-June 21 By all means have fun today but don't neglect the needs of other people. On the home front you need to communicate more with those you love.

♋ Cancer June 22-July 22 You seem a bit crabby at the moment, no doubt because you feel that people who should be supporting you are not doing as much as they should.

♌ Leo July 23-Aug.23 Don't get caught up in the latest craze just because your friends and family think it's the next big thing. Like most crazes it will most likely come to nothing in the long-term.

♍ Virgo Aug. 24- Sept. 22 Now that Mercury, your ruling planet, is sparkling in your favour again you will see with the kind of clarity that others find scary, especially when they have something to hide.

♎ Libra Sept. 23-Oct. 23 Hidden fears are coming to the surface and if you don't keep a grip on your imagination you may start believing that the world is against you.

♏ Scorpio Oct. 24-Nov. 22 Spend some time alone today and get your thoughts in order. There may be lots of interesting distractions around you but none of them are worth your time and effort.

♐ Sagittarius Nov. 23-Dec. 21 Even Sagittarians have moments when they wonder if they have what it takes, and you'll have at least one such moment today. The cure for doubt is action, so throw yourself into your work. The results will amaze and delight you.

♑ Capricorn Dec. 22-Jan. 20 Better times are coming. In fact they are already here, you've been missing them because you've been focused on the opportunities you wasted rather than the opportunities that are in front of you right now.

♒ Aquarius Jan. 21-Feb. 18 Money matters are central at the moment and even if you are one of those Aquarians who care little for possessions, you must make sure you are getting what you deserve.

♓ Pisces Feb. 19-March 20 A little bit of kindness and understanding on your part will go a long way toward healing a rift that has been growing wider in recent weeks.

SALLY BROMPTON

PATRICK B. KRAEMER/THE ASSOCIATED PRESS

Caption contest



WIN!

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